

Full Report (All Nutrients) 45107277, ZATARAIN'S, CRISPY SOUTHERN CHICKEN FRYING BREADING MIX, UPC: 071429026711

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	2.0 Tbsp 17g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	60	353
Protein	g	--	--	2.00	11.76
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	11.00	64.71
Minerals					
Iron, Fe	mg	--	--	0.72	4.24
Sodium, Na	mg	--	--	690	4059
Vitamins					
Lipids					
Amino Acids					
Other					

Ingredients

ENRICHED BLEACHED WHEAT FLOUR (WHEAT & MALT BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SPICE, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALLCIUM PHOSPHATE), MONOSODIUM GLUTAMATE (FLAVOR ENHANCER), GARLIC, NATURAL FLAVOR, AND LEMON JUICE CONCENTRATE. *Date Last Updated by Company: 05/16/2016*